



ZEN WELLNESS 5-ELEMENT SELF-CARE CHI GONG CURRICULUM

Dear Friend,

As you probably know, translating the ancient wisdom from the east is no easy task. The language is different, the culture is different and the time period is different. **Many masters speak in parables, and it can be difficult to decipher.**

Master Leone, the compiler of our chi gong program has taken the “mystery out of the mountain.” What I mean by this is that **the ancient wisdom teachings are presented in a linear, easy to understand (and teach) way that does not leave you “scratching your head” at the end of a class.**

In my 20-years experience training in the eastern arts (and 17 years teaching full time), I have never come across a chi gong and zen yoga curriculum with the same depth, clarity and ease of use.

Master Leone has taken the **4000-year old healing modality, brought it down from the mountain so that many can benefit.**

If you do not already own it, I recommend you get his book, *Zen Wellness Self Care Solutions* (call 623-535-5517 to order.) The book and DVD’s are included in the teacher-training program.

- Jason Campbell

Zen Wellness / Zen Yoga Course Outline:

1. The Golden Chi Ball

- a. Yin-Yang theory
- b. Creating the brass basin
- c. Finding the three hearts
- d. Opening the small circuit
- e. Leading the golden chi ball

2. Zen Wellness Five Element Medical Chi Gong (Zen Yoga Foundation)

- a. Five element theory
- b. Using the Zen Wellness elemental healing sounds
- c. Zen Wellness five animal chi gong
- d. Zen Wellness five elemental standing chi gong
- e. The three treasures of the Tao. Jing-chi-shen

3. Zen Wellness Nine Gates Medical Chi Gong

- a. What are the nine gates?
- b. Introduction to the twelve meridians
- c. Three hearts and nine gates medical chi gong. (muscle tendon changing)
- d. Three hearts and nine gates acute medical chi gong. (sitting practice)
- e. Man, heaven and earth meridian breathing

4. Zen Wellness Eight Vessels Medical Chi Gong (Taoist Yoga)

- a. Introduction to the eight vessels
- b. Opening the eight vessels chi gong
- c. Filling the eight vessels chi gong
- d. Introduction to the eight trigrams
- e. The seven dimensions of consciousness

5. Zen Wellness Bone Marrow Nei Gong

- a. What is bone marrow nei gong?
- b. Iron shirt chi gong
- c. Introduction to Ching Chi nei gong
- d. Bone marrow breathing nei gong
- e. Bone tapping nei gong